



Holiday Health Tips



It's finally fall! Before the season gets too busy and the holidays are upon us, take a moment to check out a few tips and resources you can use to keep you and your family eating well, being active, and staying safe throughout the season.

Eat seasonally. There are so many yummy fruits and vegetables that are in season in the fall, including broccoli, butternut squash, pear, cauliflower, cranberries, key limes, sweet potatoes, and, of course, a quintessential fall favorite—pumpkin. Also, check out fun fall activities like apple picking or going to a pumpkin patch. Not only are these fun, family-friendly activities, just think of all the culinary opportunities they present! Homemade applesauce, apple pie, roasted pumpkin seeds, pumpkin pie...and more.

Enjoy outdoor fitness activities. You can still walk, hike, bike, and jog in fall weather. It'll also give you a chance to enjoy the sights and smells of fall like the brightly colored leaves, the smell of someone's fireplace, the cool, crisp evening air. Remember that it gets darker earlier, and if you're outside you may not be very visible to people driving cars. Consider buying some reflective clothing and/or reflectors for your bike so that you can be seen more easily.

Ward off the flu. Talk to your doctor about whether a flu shot is right for you. There are several low-cost, affordable options—you can get one at your doctor's office or at certain pharmacies like CVS or Walgreens.

Preventing Diabetes

November is American Diabetes Month, an opportunity to learn more about this condition that impacts nearly 30 million Americans and understand what you can do to prevent it.

Understand your risk

The cause of type 2 diabetes is not completely understood, but there are certain factors that can put you at risk.

- Excess weight, including being overweight or obese; Unhealthy diet
- Family history of diabetes, specifically a parent, brother or sister; Age 40 or older
- Sedentary lifestyle; Lack of exercise; Smoking

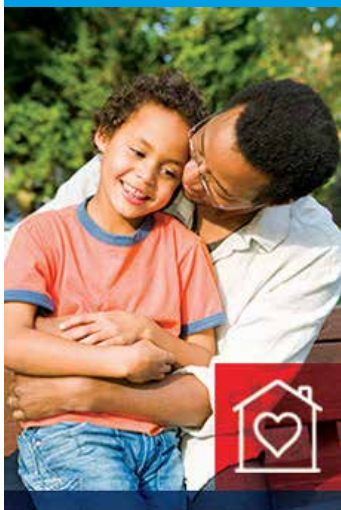
Take action now!

Changing these lifestyle factors can not only help you lower your risk of diabetes—they can also help you be healthier in general.

- **Lose weight.** Being overweight or obese is the leading cause of diabetes. Aim to lose weight through healthy eating and exercise. Even losing just a few pounds can help!
- **Eat better.** Follow a balanced meal plan that includes plenty of fruits and vegetables, and other high-fiber foods. Eat consistent, moderate amounts of food at regular intervals. Limit added sugars.
- **Quit tobacco.** People who quit smoking can reduce their risk of diabetes.



Build a Resilient Family



Everyone faces disappointments and difficult challenges at one time or another. Teaching your kids to be resilient—gaining the ability to adapt to change and stress and adopt a “never give up” attitude—is an important life skill. These tips can help build resilience:

Focus on strengths. When a family member faces a difficult situation, reminding them of their personal attributes will help them get through it.

Stay level-headed during setbacks. If you react strongly and lose your composure, those around you may react similarly. Managing your emotions during a crisis is essential to being resilient.

Avoid being overprotective of your children. This may prevent them from learning from their own experiences and mistakes and achieving their own successes.

Don't swoop in to save the day. When a loved one is facing a crisis, hear their concerns and offer advice when asked, rather than trying to solve the problem for them. This helps them develop problem-solving skills and confidence to overcome adversity.

Share enjoyable activities. Your family can draw on this memory bank of pleasurable experiences to get through the hard times.

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Knowing the facts and seeking help early could be a lifesaver!

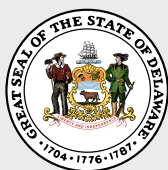
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